



SOCIAL WORK PROFESSIONAL ADVISORY GROUP OF THE COMMISSIONED
CORPS OF THE US PUBLIC HEALTH SERVICE

SWPAG NEWSLETTER

VOLUME VI, ISSUE IV

DEC 2014

INSIDE THIS ISSUE:

Deployment Mission	pg1
From the Chair	pg2
Surviving the Holidays	pg3
Readiness Tip	pg4
MWR	p6
RADM Visit	pg8
AMSUS Pics	pg10

News letter created by
Communications
Committee:

LCDR Booker
LCDR Peglowski



Importance of Being Ready: A Deployment Experience in Support of the Unaccompanied Children Humanitarian Crisis.

By: CDR Carlos R. Castillo, ACSW, LCSW, CCBT, BCD

I wanted to share with my social work colleagues a little bit of my experience with the recent deployment in support of the Unaccompanied Children Humanitarian Crisis.

The USPHS Commissioned Corps was authorized for deployment on May 15, 2014 in support of the interagency response to a larger influx of unaccompanied children across the southwestern border. These children were coming mainly from Honduras, El Salvador and Guatemala. On June 2, 2014, President Obama declared the situation as an urgent humanitarian crisis and asked federal agencies to provide their full and prompt cooperation, resources and support.

The Department of Health and Human Services identified the Commissioned Corps of the U.S. Public Health Service as a principal operational resource to meet deployment and response needs associated with this situation understanding that the operational tempo will remain high until both Customs and Border Protection and the Administration for Children and Families can establish processes and systems to manage the level of influx of unaccompanied children. Officers with Spanish language skills were in extremely high demand to provide services.

I was finishing my participation at the Commissioned Officers Foundation's Symposium in North Carolina on that Friday and I deployed on that following Monday to Fort Sill, Oklahoma, where one of the transition facilities is located. This was a very short notice.

With this crisis there is a need that ranges from establishing and conducting medical screening operations to assisting with case management support, to helping ACF with critical incident command support.

I was dual hatted at this deployment: I had the opportunity to lead the combined Disaster Medical Assistant (DMAT)/UPHS Mental Health Team, comprised of 3 bilingual DMAT psychologists and 2 bilingual USPHS CC officers.

(continued page 5)

from the *SWPAG Chair*

A Privilege to Lead on the Front-line CDR Dwayne Buckingham

I have been blessed to accomplish many things over the course of short life-span on this earth. For example, I am the first out of eight children to earn a college degree, the first in my entire family to be commissioned as an officer, the first to earn a doctoral degree and the first to publish eight books. These are just a few of my accomplishments and they all have a common theme, which is the willingness and ability to lead from up-front while also setting the standard high.

I do not take my accomplishments for granted because it is a privilege and honor to lead from up-front. No man or woman can accomplish great things without a great supporting cast. As I reflect on my accomplishments in and out of the uniform, I am humbled by the fact that individuals like you all have supported me through the years and encouraged me to remain on the front-line. For this I am grateful and will never forget that I am nobody without somebody. I am grateful for having been given the opportunity to lead a wonderful PAG. Your vote of confidence in my ability to lead is noteworthy. As stated before ***Social Workers Rock!***



In my latest book, *The Empathic Leader: An Effective Management Model for Enhancing Morale and Increasing Workplace Productivity*, I talk about the important of taking care of people. Leadership is a vital factor to ensuring the successful operation of any organization. The success of organizations is greatly influenced by those who lead it. An organization doesn't advance or transform if the leaders do not take progressive measures to get the best out everyone. I hope that I have challenged you all and assisted with elevating our PAG to the next level. We advocated throughout the year and accomplished some great things. As I turn the torch over to CDR Scott Eppler the 2015 SWPAG Chair, I ask that each of you provide him with the same unwavering and superb support that you all provided to me in 2014. I am grateful for the opportunity to serve with fellow social workers who understand the importance of what it means to serve and lead on the front-line. I am leaving the SWPAG Chair position, but not the front-line. Please call 301-319-4223 or email me at Dwayne.l.buckingham.mil@mail.mil if I can be of any assistance.

Greeting from the New SWPAG Chair By CDR Scott Eppler

Greetings! Happy Holidays to all of you! I am excited to begin 2015 as your new Chair. I am also pleased to announce CDR Maylasia Gresham is the 2015 SWPAG Chair-Elect and LCDR Alexia Blyther is the 2015 SWPAG Secretary. New bylaws were approved by the HS-PAC so by end of year we will plan and execute a voting membership for 2016. In addition, a big "Thank you" to CDR Buckingham for his leadership on the "No Social Worker left behind" initiative and obtaining needed feedback from our PHS social workers on your concerns. I am also pleased to announce that CDR Buckingham will become our new SWPAG senior advisor. I will continue to advocate for PHS social workers in the initiative he began. Please feel free to address questions or concerns you have regarding matters pertinent to PHS social work. Please have a safe holiday with your family and Happy New Year! I look forward to representing and working with you all. I can be reached at scottie.m.eppler.mil@mail.mil for any questions or concerns

Tips for Surviving Holiday Stress

By LCDR Tricia Booker

- Accept your limitations. Set realistic expectations for yourself and others. Delegate or dump tasks altogether. Practice saying “no.” You don’t have to go to every event or party.
- Pace yourself and prioritize. Develop a plan. Make a to-do list, set deadlines and write them on your calendar. This will end the last minute frenzy. Delegate tasks to your partner or children. Make a budget and stick to it.
- Keep it simple. Improvise. Think potluck, take out, or inviting people for the day after the holidays to feast on leftovers.
- Accept a little help from your friends. This is no time to go it alone or to try to control all aspects of everything.
- Don't coast on empty. Make time for some activities that nourish you. Keep up with your exercise routine; sleep; relax and take some down time for you. Here is a helpful hint: Shut down all electronics 2 hours before bed. Bright screens trick your mind into thinking it is day instead of night.
- Do things that give meaning to the holidays. Volunteer, engage in spiritual activities, and spend time enjoying the company of family and friends. Remove cell phones and social media from the front and center of your life. Use the season to remind yourself of what really matters.
- Savor life's little pleasures. Count your blessings. Express caring and gratitude to yourself and others.
- Give the gift of yourself. Instead of swapping presents, have a close friend or family member choose one activity that makes the holiday especially fun or meaningful for them, and do it with that person.
- Accept change. If you've suffered a loss during the year, consider changing your routine and doing something different.
- Breathe, laugh, watch a funny movie, and remind yourself that you can do it. You have successfully survived the holiday season



2015 Meeting Schedule

11 March 2015
10 June 2015
9 September 2015
9 December 2015

Meeting time: 1430

**For more information
about our PAG, visit the
SWPAG website at
[http://usphs-hso.org/?
q=pags/swpag](http://usphs-hso.org/?q=pags/swpag)**

Readiness with a Holiday Twist

Are we making our lists and checking them TWICE?
It may or may not be a list for the naughty or NICE.
(As PHS Officers, it might be our most excellent 'go-bag')
December is HERE.
Will you still be experiencing your holiday season with those you hold DEAR?

Many of us will be enjoying time with our close friends and families for the upcoming holidays. However a few of our fellow officers have offered to put their own plans on hold, in order to serve the Corps and our nation abroad. During these times we rely on our best forethought, prior experiences and training. Short notice and austere conditions create a steep learning curve and may cause us to rely on our colleagues and families—even more so than before.

Readiness in DECEMBER...

Calls on us to REMEMBER!

Remember your packing list, both work & PLAY.

Remember your friends, family, colleagues and even strangers TODAY.

Remember to reach out, many people may need you to pause and SAY:

I'm thinking of you, even though you are AWAY!

Your SWPAG Readiness Sub-Committee sends all the best Holiday Greetings!



Continued from page 1.

I also functioned as the team liaison to the local federal authority, the Administration for Children and Families' Office of Refugee Resettlement and to the Assistant Secretary for Preparedness and Response's Incident Response Command Team.

My team conducted over 700 behavioral health assessments, provided quality interventions and counseling to this vulnerable population. I emphasize on the importance of being ready to serve the nation in time of need and of being culturally competent. I was proud to be part of such a highly competent and specialized team. Our team was respectful of and responsive to the health beliefs, practices, cultural and linguistic needs of these children. I think we made a real difference and I was proud to represent my agency and the Corps in this mission.

The children are some of the most vulnerable, and many are victims of violent crime and or sexual abuse. Most have some family members already in country and state they are looking for a better life. The vast majority of these children rely on dangerous human smuggling networks to transport them up through Central America and Mexico.

As USPHS Social Workers, but mostly, as Commissioned Corps Officers, we must always be ready to deploy at any given moment. It is important to remain "basic ready" as officers cannot deploy if not on a basic ready status. The Readiness and Deployment Operations Group (RedDOG--formerly OFRD) performs quarterly Readiness checks at the end of March, June, September and December. For promotion purposes, DCCPR conducts a pre and post-promotion Readiness review of data from RedDOG's December and March quarterly Readiness checks, respectively. The next readiness check will be on 31 December, 2014.



Note: CDR Castillo is Co-chair of the Readiness Subcommittee for both, the Social Work Professional Advisory Group and the Health Services Professional Advisory Committee and Treasurer for the Hispanic Officers Advisory Committee. He is an Account Executive for Federal Occupational Health's Employee Assistance and Work Life Program's Behavioral Health Division, responsible for covering over 1 million federal employees and family members nationwide and overseas.



MORALE, WELFARE, & RECREATION Resource Guide –

FACT SHEET: *Essential Resources to Promote and enhance the well-being of the United States Public Health Service Commissioned Corps and their Families*

The team members of the MWR Subcommittee are proud to present the ***“New and Improved” MWR Resource Guide***; a customized publication that serves to provide guidance and resources to USPHS Commissioned Corps officers and their families in utilizing the numerous MWR services and activities available to them.

The Junior Officer Advisory Group’s (JOAG) MWR Subcommittee, under the Public Health & Community Service Committee, has created this MWR Resource Guide as an important and practical tool toward making MWR resources, activities, and information more widely available to those who are looking for guidance in planning and accessing recreational related events and activities.

The MWR Resource Guide outlines the most common MWR resources while also providing quick links and tools that will connect the user with activities and locations of potential interest as well as include an appendix for easy understanding of terminology.

The most important feature of the MWR Guide is that it is a living document, meaning it will be continuously updated with the most current resources, events, activities, and information.

The guide can be accessed via the following link:

<http://www.usphs.gov/corpslinks/JOAG/documents/MWRResourceGuide.pdf>

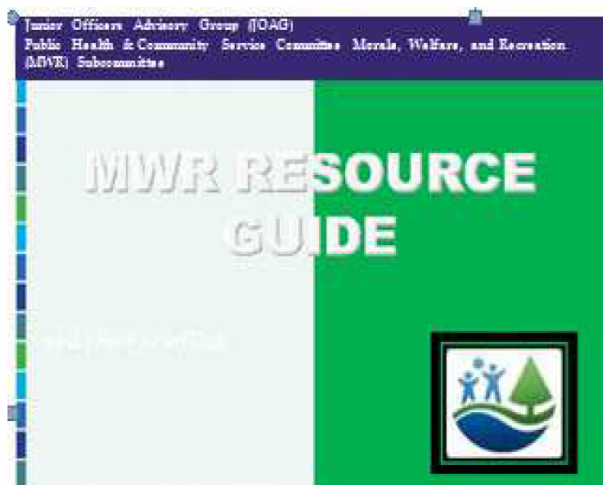
The website will entail a variety of resources to include but not limited to:



- ◆ Lodging
- ◆ Transportation
- ◆ Special Events
- ◆ Outdoor Recreation
- ◆ Shopping/Discounts
- ◆ Other Links of Interest
- ◆ Space A Travel/Tickets/Tours
- ◆ Military Officers’ Association



Family Resource Guide - including useful tools, information and resources on Retirement, Bereavement, PCS, and Deployment for you and your family.



For more information, contact the MWR Committee Lead LCDR Janae Price - janae.price@foh.hhs.gov or Co-Lead LCDR Sonjia Howard - sonjia.a.howard.mil@mail.mil

Provided by MWR Subcommittee, Public Health & Community Service Committee, Junior Officer Advisory Group (JOAG)



News from the Field... RADM Peter J. Delany Visits **Moncrief Army Community Hospital Department of Behavioral Health** [Fort Jackson, South Carolina](#)

Author: [LCDR Sonjia Howard, LISW-CP, USPHS](#)

On Thursday September 25, 2014, Moncrief Army Community Hospital, Fort Jackson, SC hosted a visit by US Public Health Service (PHS) Officer Rear Admiral Peter J. Delany, Ph.D., LCSW-C, Director, Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration (SAMHSA) who met with the Medical Treatment Facility (MTF)'s Commander, Colonel Traci Crawford to speak on the mission of the USPHS as well as to highlight the contributions of the PHS Officers detailed to MACH Department of



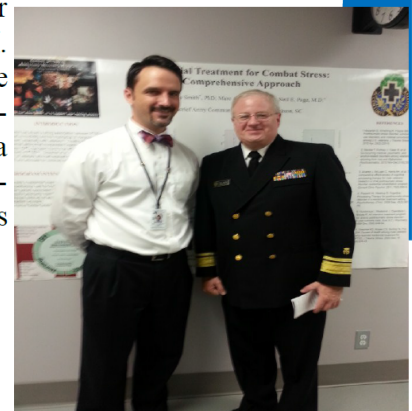
Behavioral Health (DBH). RADM Peter J. Delany meets with US Army Training Center Fort Jackson's MTF Commander Colonel Traci Crawford, escorted by LCDR Sonjia Howard, also assigned to the MTF under the DoD MOA.

The Commanding General of the Installation is Major General Bradley A. Becker, commissioned in May 1986, and took command of The U.S. Army Training Center and Fort Jackson on Aug. 27, 2013. The post Command Sergeant Major is Command Sergeant Major William D. Hain.

Fort Jackson is situated in central Columbia, South Carolina and is the heart-beat of the city's economy. ***US Army Training Center Fort Jackson*** is the largest installation in the United States and *trains* the best Soldiers in the world. Our motto: "Victory Starts Here" as the installation hosts a variety of schools to include the renown US Army Drill Instructor's and Non-Commissioned Officer (NCO) Academies; the Soldier Support Institute which includes Training Doctrine (TRADOC) US Army Recruiter and Finance Schools and finally the US Army Chaplain's School. At any given day, 65,000 troops are on the base.

DBH Mission

The mission of MACH Department of Behavioral Health is to ensure the delivery of Comprehensive Behavioral Health and TBI services to the highest quality to Active Duty Soldiers, family members, veterans, and Airmen eligible for care at MACH. Each service within the Department plays a role in accomplishing this mission.



Fort Jackson, South Carolina
Moncrief Army Community Hospital
Department of Behavioral Health
4500 Stuart Street
Fort Jackson, SC 29207-5700
(803) 751-0215



Continued next page

RADM Delany also met with Dr. Marc Cooper, Chief, Department of Behavioral Health, and toured the “Award Winning Evidenced-Based” **Combat Stress and Addictions Recovery Program (CSARP)**” well as visited the department’s Family Advocacy Program.

RADM Delany looks on as C, CBH Dr. Marc Cooper shares their experiences through the eyes of the Soldier’s in CSARPs Memory Book designed for the Soldiers by the Soldiers. The **CSARP** provides inpatient mental health care to all Active Duty Soldiers assigned or in training at Fort Jackson. Each patient is assessed and provided with an



individual treatment plan with typically includes: individual counseling, group therapy, psychopharmacologic therapy, life skills training, relaxation therapy, recreational therapy/outings, substance abuse group therapy, AA meetings, and participation in community meetings.

LCDR Sonjia Howard, serves as the Chief of the Family Advocacy Program coordinated the protocol for the visit and also served as Official Escort for RADM Delany while LT Dellarese Herbert, RN, of the FDA who also lives in Columbia, served as Aide-de-Camp.

Family Advocacy Program (FAP) promotes public awareness within the military community and coordinates professional intensions at all levels within the civilian and military communities, including law enforcement, social services, health services, and legal services to identify and break the cycle of abuse as early as possible. FAP provides treatment and aftercare to affected families, and operates a 24-hour emergency and crisis response service to victims of spouse, child and elderly abuse/neglect; ensuring immediate safety and protection is provided for victims. Individual, couple’s, and family counseling are cornerstone treatment methods of the many interventions available. The goal is to educate commanders on family matters which may affect unit readiness. Both programs are located on the 7th floor of the hospital.



RADM Peter J. Delany visiting with the Fort Jackson’s Family Advocacy Program lead by Lcdr Sonjia Howard.

On behalf of the DoD/Moncrief Army Community Hospital we would like to thank the hospital’s Command Group for their support.

Thank you LT Dellarese Herbert for your outstanding work!

SWPAG has started at FACEBOOK Page. Please go and request to join. The plan is to keep it updated with information that pertains to our SWPAG. We want to know all the good stuff that happens to you or if you have something important to share with the group.

If you want to post something, please send to:

tricia.h.booker.mil@mail.mil or justin.pegowski@ihs.gov

As usual, keep the articles coming for the newsletter!!

LIKE US ON FACEBOOK !!

Under USPHS SWPAG



How many Social
Workers does it take to
change a lightbulb?

One. But the lightbulb
has to WANT to
change.

your  cards
someecards.com



Pictures from the AMSUS Joint Service Social Work -Panel Discussion 4 Dec 2014

